Transformation Works

Achieve your professional and personal goals and more

The Dating Dance

A Guide for Women Dating Women

"...thousands and thousands of women are seeking a girlfriend, a partner, a companion, a DATE. Those on the career track are ready to share their lives (or their weekends) with someone special. Long-time bachelorettes are recognizing their needs for the comforts of partnership. Divorcees are looking to build new relationships on healthier, more stable ground. Personal ad sections in publications are growing and dating services are newly available. So what's the mystery about dating?" (pg.1)

The Dating Dance, the landmark book for women dating women, demystifies the dating process. In The Dating Dance, Dr. Joyce Gayles introduces a new paradigm for successful dating into the 21st century. Using a lively, interactive format, The Dating Dance takes you through:

- The 1-2-3-4 of dating
- Personal preparation for dating
- How to meet and greet your match
- The "how-to" of asking someone out
- The art of the first date
- Getting to know her--staying curious and learning to communicate
- Dealing with sex in early and later stages of dating
- Understanding romantic relating

The Dating Dance is written by Joyce M. Gayles, PHD, a leading psychologist and success coach who has an established reputation for helping people optimize their personal and professional lives.

Order Form

Please send me___copy(ies) of ***The Dating Dance***. Enclosed is a check or money order made out to **TransformationWorks** in the amount of $_____

_____Copies @ 14.95 $_____
Shipping & Handling $3.00 per copy $_____
Total Amount Enclosed $_____

To order by credit card, include ___Visa ___MC ___Discover ___American Express
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Bellaire, TX 77402-0577

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Dating *Works*

What is Dating *Works*

Dating *Works* *provides a program for mature, single women and men who are ready to date.*

In the 8 week Dating *Works* program, participants learn about:

The 1-2-3-4 of dating
Personal preparation for dating
How to meet and greet your match
The "how-to" of asking someone out
The art of the first date
Getting to know him or her--staying curious and learning to communicate
Dealing with sex in early and later stages of dating
Understanding and being comfortable with romantic relating

The Dating *Works* program meets you where you are in your dating process and supports you to move through your fears and blocks in order to experience more comfort, confidence and success. The Dating *Works* program is provided in small group format and in an atmosphere that is safe and supports confidentiality.

Dating *Works* *presents* *The Dating Dance Workshop*

The Dating Dance Workshop **is a one-day workshop for lesbians and gay men who want to learn to have enjoyable and fulfilling dating experiences.**

Here's what previous participants have said about *The Dating Dance!*

"Very helpful and enlightening...presented with equal amounts of seriousness and humor". PG

"I really enjoyed it! I gained personal clarity". KW

"The workshop helped reinforce the excitement and fulfillment of dating"! NG

IN THIS WORKSHOP YOU WILL LEARN

What dating is and is not
How to have more comfort and confidence about dating
How to interpret and handle subtle and not-so-subtle signs of interest
How to express your needs and desires more directly
The differences between friendship, dating and sexual relating and being "in relationship"

The Dating Dance Workshop **is designed for *you* if:**

You want to have more positive dating experiences.
You are ready to date, but don't know the first step.
The idea of dating scares you.

The Dating Dance Workshop **is a safe, powerful, and fun way to learn about yourself and the process of dating.**

The Dating Dance Workshop **can be tailored to meet the needs of any group or organization. It is presented in a 6-hour workshop format or can be presented as three 2-hour classes.**

****

The Dating Dance Workshop **and Dating *W*orks program are facilitated by Joyce M. Gayles, PHD. Joyce is a clinical psychologist and success coach. She is a knowledgeable and highly skilled professional who is well known for her work with growth and trans-formational issues. Joyce is available to speak to groups and organizations about dating, relationship issues, and other personal growth and psychological wellness topics. Her book, The Dating Dance: A Guide For Women Dating Women is now available by direct mail*and in selected bookstores.**

For More Information about Dating *W*orks

and what it has to offer you

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Being Ready to Meet Your Match

1. **Declare that you ready for partnership**. Be proud that you have reached the level of personal maturity where you know that having a partner is appropriate for you. Often we feel that we need to hide our desire for romantic involvement to avoid appearing desperate. In truth, most people want to experience a loving partnership, and seeking partnership is a healthy part of adult development. Know that attracting a partner is a natural process.

2. **Do your personal healing/growth work**. Your sense of health and well-being is the bedrock of your dating experiences. You are much more likely to meet the person who is right for you when your sense of yourself is characterized by self-awareness and feelings of high self-worth, inner peace and balance, joy, etc. Feelings of this sort typical result from processes of healing and personal growth.

   Complete past relationships. Let go of past relationships and old hurts. Know that the amount of room for new love is proportionate to the space in your heart that is free from past relationships and old patterns.
   Undo your cultural conditioning. Identify and shift your limiting beliefs about yourself, other people and how the world works. Your beliefs are powerful and determine what you are able to be, do and have in your life. Especially, **challenge your beliefs about scarcity**. Beliefs about scarcity are a leading cause of premature partnering and commitment.
   Know yourself, your hidden aspects, your conflicting voices. Take time to identify and dialogue with the "parts" of yourself that operate from struggle and effort or that speak from fears or hurts.

3. **Be clear about the qualities you are seeking in a partner.** Use the following Attraction Exercise. On a piece of paper, write "I am attracting to me a person who is..." and describe the qualities of the person you seek. Write your list in present tense and use descriptors that are positive. Write at least 10 descriptors. Below that write, "I want this person because.." and write at least 5 reasons why you want this relationship. Frequently read your list and share it with two or three people who support you.

4. **Practice having gratitude for the special person who is coming into your life.** Know that he/she already exists. Visualize him/her. Send energy to that person for his/her process of "getting ready" for you.

5. **Redefine successful dating.** Learn to see dating as a process rather than a specific outcome. In this process, you are learning about yourself and developing your self-expression and interpersonal skills. When you are able to see dating as a process and you are no longer dominated by limiting beliefs, than you are able to stay in a space of curiosity about yourself, the other person, and the experiences you are having together. Curiosity supports you to be open to getting to know the other person, to remain open to be known, and to be present to your experiences.

6. **Practice clear communication skills.** Positive dating experiences go hand in hand with your ability to communicate your thoughts, feelings, needs and intentions.

7. **Be the kind of person with *you* want to be in relationship**. Cultivate in yourself the qualities you seek in a partner. Do what it takes to achieve and maintain these qualities, for example, personal growth classes, psychotherapy or working with a coach, nutrition and exercise, spiritual practices, etc.

8. **Be supported in your desire to meet your ideal partner**. Don't be a lone ranger about dating. Set up a network of people who will support your intention to have positive dating experiences and to meet your ideal partner. Seek help from your therapist or a dating coach, attend workshops on dating and relating.

9. **Keep sex sacred.** Sex is a sacred expression of yourself. Take time to get to know someone before becoming sexual with him/her. Having sex as the first of the intimacies with someone can distort your awareness of who the other person really is. Practice safe sex because protecting your physical health is an essential investment in yourself and your partner.

10. **Enjoy dating and open yourself to receive**.

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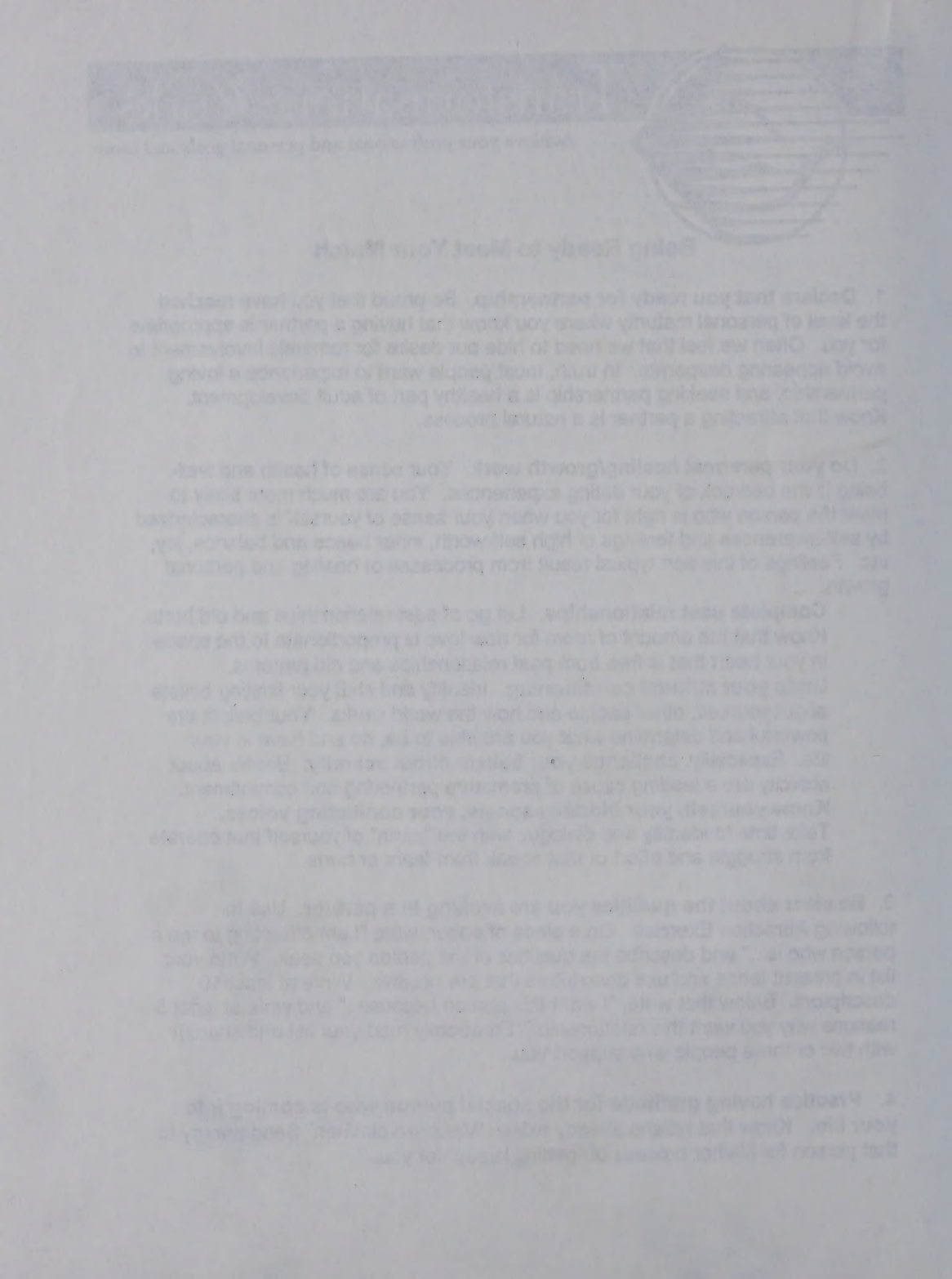

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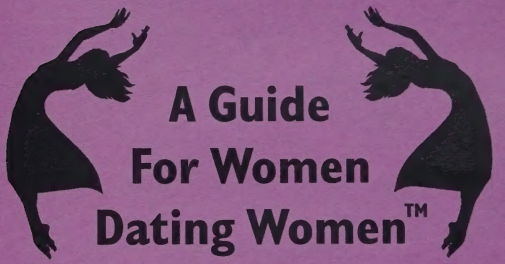
THE DATING DANCE™



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WP of Alternative Visions

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August 15, 1998
10 a.m. - 5 p.m.

AND

January 16, 1999
10 a.m. - 5 p.m.

Register today by completing and mailing this form with your check payable to:

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- ❑ **$75** Registration

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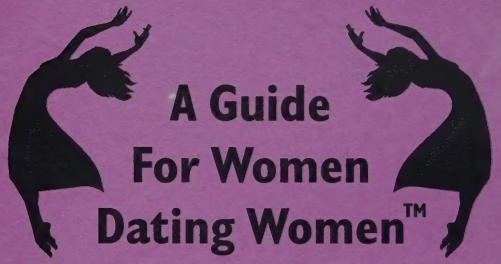

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